

Product Information

– for professionals only –



XPhe ENERGY K J A

In Short

- **XPhe energy** is a Food for Special Medical Purposes (FSMP) for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)
- for 3 age groups (K, J, A):
 - > **XPhe energy K neutral**: 1 to 6 years of age
 - > **XPhe energy K** (flavoured options): 3 to 6 years of age
 - > **XPhe energy J**: 7 to 14 years of age
 - > **XPhe energy A**: from 15 years of age
- powdered protein supplement free of Phenylalanine
- with extra energy in form of carbohydrate and fat (ω -6- and ω -3-fatty acids)
- tasty milkshake-like drink
- in 4 different options: neutral, strawberry, lemon, vanilla
- highly purified L-amino acids
- micronutrients in balanced, age-based amounts
- in convenient portion sachets at 5 g protein equivalent (K) and 10 g protein equivalent (J, A)
- **XPhe energy A neutral** and **strawberry** also in tin of 660 g

Product Profile

XPhe energy is a powdered Phenylalanine free mixture of highly purified L-amino acids.

XPhe energy supplies additional energy in the form of easily digestible carbohydrates and a blend of vegetable oils which ensures that the essential fatty acids linoleic (ω -6) and α -linolenic (ω -3) acid are available in recommended amounts.

Both energy suppliers prevent that after resorption the amino acids are being used as energy source in the metabolism. Thanks to its increased energy content **XPhe energy** is specifically suitable in cases of weight loss, catabolic status or poor appetite or when extra energy is needed, e.g. for high activity/sports. Especially children with high physical activity will benefit from its extra energy.

XPhe energy is available in 4 different options: neutral, strawberry, lemon, vanilla. The milkshake-like tastes and smells pleasantly and thus contributes to an improved acceptance and compliance in the PKU diet.

The mixture is supplemented with vitamins, minerals and trace elements in balanced amounts that meet the needs of the age group.

XPhe energy for 3 age groups

- > **XPhe energy K** from 3 to 6 years
Extra: **XPhe energy K neutral** already from 1 to 6 years
- > **XPhe energy J** from 7 to 14 years
- > **XPhe energy A** from 15 years onwards

XPhe energy K neutral as some kind of Phe-free "toddlers milk" or milk substitute

XPhe energy K neutral does not contain any flavour or sweetener and is therefore suitable for toddlers from 1 year of age.

XPhe energy K neutral has a milky consistency and may thus facilitate the transition from the Phe-free infant formula (e.g. **XPhe Infant Mix^{LCP}**) to (highly) concentrated amino acid mixtures (e.g. **XPhe Kid**). Since **XPhe energy K neutral** contains more energy than a conventional highly concentrated amino acid mixture, it is particularly suited for the toddler age, because it compensates for energy deficits which may arise from the change to the (modified) family diet as well as from developmental activity steps. **XPhe energy K neutral** is 3 times higher in protein content than a Phe-free infant formula and thus covers the elevated protein needs associated with increasing body weight. The taste of **XPhe energy K neutral** is similar to **XPhe Infant Mix^{LCP}** and is nearly odour-free.

Amino acids per 100 g powder

XPhe energy		K	J	A
L-Alanine	g	1,6	1,6	2
L-Arginine	g	1,5	1,5	1,4
L-Aspartic acid	g	4,5	4,3	4,5
L-Cystine	g	0,9	0,9	0,5
L-Glutamine	g	1,5	1,4	2
L-Glutamic acid	g	1,9	2,4	1,7
Glycine	g	3,5	3,2	2
L-Histidine	g	0,9	0,9	1,4
L-Isoleucine	g	2,0	1,9	2
L-Leucine	g	3,3	3,3	3
L-Lysine	g	2,3	2,1	2
L-Methionine	g	0,6	0,6	0,5
L-Phenylalanine	g	–	–	–
L-Proline	g	2,3	2,3	3
L-Serine	g	2,1	2,0	2
L-Threonine	g	2,3	2,3	2
L-Tryptophan	g	0,6	0,6	0,6
L-Tyrosine	g	2,7	2,7	3
L-Valine	g	2,1	2,0	2,5

Amino acids per 1 sachet

XPhe energy		K	J	A
L-Alanine	g	0,27	0,54	0,7
L-Arginine	g	0,24	0,49	0,45
L-Aspartic acid	g	0,74	1,43	1,5
L-Cystine	g	0,14	0,29	0,18
L-Glutamine	g	0,25	0,45	0,7
L-Glutamic acid	g	0,32	0,79	0,6
Glycine	g	0,57	1,04	0,7
L-Histidine	g	0,15	0,30	0,45
L-Isoleucine	g	0,32	0,63	0,6
L-Leucine	g	0,55	1,08	1
L-Lysine	g	0,38	0,70	0,7
L-Methionine	g	0,10	0,21	0,18
L-Phenylalanine	g	–	–	–
L-Proline	g	0,38	0,75	1
L-Serine	g	0,34	0,67	0,6
L-Threonine	g	0,38	0,76	0,6
L-Tryptophan	g	0,10	0,21	0,2
L-Tyrosine	g	0,45	0,89	1
L-Valine	g	0,34	0,67	0,8

Administration

Due to the energy contained in **XPhe energy** it is not essential to consume other foods together with this amino acid mixture. **XPhe energy** can well be integrated as a snack into the daily PKU-diet. This makes this protein supplement very flexible in use.

Preparation

Fill still water into a shaker, empty 1 sachet (sa) **XPhe energy K, J or A** into it. Shake – ready!

We recommend the following amounts of water:

100 ml + 1 sa **energy K** ($\triangleq$ 5 g PE)

200 ml + 1 sa **energy J** ($\triangleq$ 10 g PE)

200 ml + 1 sa/33 g **energy A** ($\triangleq$ 10 g PE)

PE = protein equivalent

The scoop enclosed in the **XPhe energy A** tin measures approx. 16,5 g ($\triangleq$ 5 g PE) when levelled.

Always prepare freshly!

Function **XPhe energy** substitutes that part of the protein in the diet which may not be taken up from natural food sources.

Indication **XPhe energy** is a food for special medical purposes and as protein supplement suitable for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).

Dosage The daily total amount of amino acid mixture depends on age, body weight and individual medical condition/ Phenylalanine tolerance and should be re-examined and adjusted in accordance with the results of regular monitoring.

The daily dosage of amino acid mixture should at best be divided into 3 – 5 single portions.

XPhe energy can be combined with other products from the XPhe-system.

The PKU-diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities.

Important Notice Must only be used under medical supervision. Not for use as a sole source of nutrition. For enteral use only. Only for people with proven Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA). Suitable for the – for each of the three products – indicated age group.

Delivery Unit	XPhe energy K	box, sachets (sa) 1 x 20 sa at 16,5 g = 330 g	box, sachets (sa) 4 x 20 sa at 16,5 g = 1320 g	
Article Number	<i>strawberry</i> <i>lemon</i> <i>vanilla</i> <i>neutral</i>	xx-001-21210 xx-001-21221 xx-001-21240 xx-001-21310	xx-001-21201 xx-001-21220 xx-001-21242 xx-001-21320	
Delivery Unit	XPhe energy J	box, sachets (sa) 1 x 20 sa at 33 g = 660 g	box, sachets (sa) 4 x 20 sa at 33 g = 2640 g	
Article Number	<i>strawberry</i> <i>lemon</i> <i>vanilla</i> <i>neutral</i>	xx-001-23210 xx-001-23221 xx-001-23240 xx-001-23231	xx-001-23201 xx-001-23220 xx-001-23242 xx-001-23230	
Delivery Unit	XPhe energy A	box, sachets (sa) 1 x 20 sa at 33 g = 660 g	box, sachets (sa) 4 x 20 sa at 33 g = 2640 g	tin 1 x 660 g
Article Number	<i>strawberry</i> <i>lemon</i> <i>vanilla</i> <i>neutral</i>	xx-001-25210 xx-001-25221 xx-001-25240 xx-001-25231	xx-001-25201 xx-001-25220 xx-001-25242 xx-001-25230	xx-001-25215 – – xx-001-25235
Delivery to	Pharmacies, clinics			
Storage	Store in a cool, dry place.			

INGREDIENTS

XPhe energy K neutral

Maltodextrin, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, potassium-L-glutamate, L-arginine-L-aspartate, calcium phosphate, L-threonine, L-proline, L-serine, L-valine, L-isoleucine, L-alanine, L-glutamine, magnesium L-aspartate, L-histidine, L-cystine, L-methionine, L-tryptophan, stabilizer: xanthan gum, emulsifiers: E 472c & **soy lecithin**, magnesium carbonate, inositol, choline, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, calcium gluconate, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe energy K Strawberry

Maltodextrin, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), vanillin sugar, L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, acid: citric acid, potassium-L-glutamate, L-arginine-L-aspartate, calcium phosphate, L-threonine, L-proline, L-serine, L-valine, L-isoleucine, L-alanine, L-glutamine, magnesium L-aspartate, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, starch, emulsifiers: E 472c & **soy lecithin**, colouring food: beetroot powder, magnesium carbonate, inositol, choline, sweeteners: sodium cyclamate & sodium saccharin, flavouring, strawberry powder, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, calcium gluconate, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe energy K Lemon

Maltodextrin, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), vanillin

sugar, L-lysine-L-aspartate, glycine, L-leucine, acid: citric acid, L-tyrosine, potassium-L-glutamate, L-arginine-L-aspartate, calcium phosphate, L-threonine, L-proline, L-serine, L-valine, L-isoleucine, L-alanine, L-glutamine, magnesium L-aspartate, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, stabilizer: xanthan gum, emulsifiers: E 472c & **soy lecithin**, magnesium carbonate, inositol, choline, sweeteners: sodium saccharin & sucralose, natural flavouring, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, calcium gluconate, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12

XPhe energy K Vanilla

Maltodextrin, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), bourbon vanilla sugar, L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, potassium-L-glutamate, L-arginine-L-aspartate, calcium phosphate, L-threonine, L-proline, L-serine, L-valine, L-isoleucine, L-alanine, L-glutamine, magnesium L-aspartate, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, acidity regulator: sodium carbonate, stabilizers: guar gum & E 461, emulsifiers: E 472c & **soy lecithin**, magnesium carbonate, inositol, choline, colour: beta carotene, sweetener: sucralose, flavouring, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, calcium carbonate, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe energy J neutral

Maltodextrin, sugar, vegetable oils (palm oil, rape seed oil, sunflower oil), L-lysine-L-aspartate, L-leucine, glycine, potassium-

L-glutamate, acid: citric acid, L-tyrosine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium-L-aspartate, L-glutamine, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, magnesium carbonate, emulsifiers: E 472c & sunflower lecithin, choline, sweetener: sucralose, inositol, ferrous sulphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, calcium gluconate, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

XPhe energy J Strawberry

Maltodextrin, vanillin sugar, vegetable oils (palm oil, rape seed oil, sunflower oil), L-lysine-L-aspartate, L-leucine, glycine, potassium-L-glutamate, acid: citric acid, L-tyrosine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium-L-aspartate, L-glutamine, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, magnesium carbonate, starch, emulsifiers: E 472c & sunflower lecithin, colouring food: beetroot powder, choline, sweeteners: sodium cyclamate & sodium saccharin, flavouring (contains strawberry), inositol, ferrous sulphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, calcium gluconate, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

XPhe energy J Lemon

Maltodextrin, vegetable oils (palm oil, rape seed oil, sunflower oil), vanillin sugar, L-lysine-L-aspartate, L-leucine, glycine, potassium-L-glutamate, acid: citric acid, L-tyrosine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine,

calcium phosphate, L-isoleucine, L-alanine, magnesium-L-aspartate, L-glutamine, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, magnesium carbonate, stabilizer: xanthan gum, emulsifiers: E 472c & sunflower lecithin, choline, sweeteners: sodium saccharin & sucralose, natural flavouring, inositol, ferrous sulphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, calcium gluconate, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

XPhe energy J

Vanilla

Maltodextrin, vegetable oils (palm oil, rape seed oil, sunflower oil), bourbon vanilla sugar, L-lysine-L-aspartate, L-leucine, glycine, potassium-L-glutamate, L-tyrosine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, flavouring, L-alanine, magnesium L-aspartate, L-glutamine, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, magnesium carbonate, calcium carbonate, stabilizers: guar gum & E 461, emulsifiers: E 472c & sunflower lecithin, acidity regulator: sodium carbonate, colour: beta carotene, choline, sweetener: sucralose, inositol, ferrous sulphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

XPhe energy A

neutral

Maltodextrin, sugar, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), L-lysine-L-aspartate, L-tyrosine, L-proline, L-leucine, L-valine, L-arginine-L-aspartate, potassium-L-glutamate, L-glutamine, glycine, acid: citric acid, L-alanine, L-threonine, L-isoleucine, L-serine, magnesium-L-aspartate,

L-histidine, calcium phosphate, N-acetyl-L-methionine, L-tryptophan, L-cystine, stabilizer: xanthan gum, emulsifiers: **soy lecithin** & E 472c, choline, sweetener: sucralose, ferrous sulphate, inositol, vitamin C, L-carnitine, zinc sulphate, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, chromium (III) chloride, potassium iodide, sodium molybdate, biotin, sodium selenite, vitamin K, vitamin D, vitamin B12.

XPhe energy A

Strawberry

Maltodextrin, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), vanillin sugar, L-lysine-L-aspartate, L-tyrosine, L-proline, L-leucine, L-valine, L-arginine-L-aspartate, potassium-L-glutamate, L-glutamine, acid: citric acid, glycine, L-alanine, L-threonine, L-isoleucine, L-serine, magnesium-L-aspartate, L-histidine, calcium phosphate, N-acetyl-L-methionine, L-tryptophan, L-cystine, starch, flavouring (contains strawberry), emulsifiers: **soy lecithin** & E 472c, colouring food: beetroot powder, choline, sweeteners: sodium saccharin & sodium cyclamate, ferrous sulphate, inositol, vitamin C, L-carnitine, zinc sulphate, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, chromium (III) chloride, potassium iodide, sodium molybdate, biotin, sodium selenite, vitamin K, vitamin D, vitamin B12, lactose.

XPhe energy A

Lemon

Maltodextrin, vanillin sugar, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), L-lysine-L-aspartate, L-tyrosine, L-proline, L-leucine, acid: citric acid, L-valine, L-arginine-L-aspartate, potassium-L-glutamate, L-glutamine, glycine, L-alanine, L-threonine, L-isoleucine, L-serine, magnesium-L-aspartate, L-histidine, calcium phosphate, N-acetyl-L-methionine, L-tryptophan, L-cystine, stabilizer: xanthan gum, emulsifiers: **soy lecithin** & E 472c, choline, sweeteners: sodium saccharin & sucralose,

natural flavouring, ferrous sulphate, inositol, vitamin C, L-carnitine, zinc sulphate, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, chromium (III) chloride, potassium iodide, sodium molybdate, biotin, sodium selenite, vitamin K, vitamin D, vitamin B12.

XPhe energy A

Vanilla

Maltodextrin, vegetable oils (rape seed oil, corn oil, palm oil, sunflower oil), bourbon vanilla sugar, L-lysine-L-aspartate, L-tyrosine, L-proline, L-leucine, L-valine, L-arginine-L-aspartate, potassium-L-glutamate, L-glutamine, glycine, L-alanine, L-threonine, L-isoleucine, L-serine, magnesium L-aspartate, flavouring, L-histidine, calcium phosphate, N-acetyl-L-methionine, L-tryptophan, L-cystine, stabilizers: guar gum & E 461, emulsifiers: E 472c & **soy lecithin**, acidity regulator: sodium carbonate, colour: beta carotene, choline, sweetener: sucralose, ferrous sulphate, inositol, vitamin C, L-carnitine, zinc sulphate, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, chromium (III) chloride, potassium iodide, sodium molybdate, biotin, sodium selenite, vitamin K, vitamin D, vitamin B12.

NUTRITION INFORMATION

XPhe energy K

100 g

neutral

straw-
berry

lemon

vanilla

16,5g/1 sachet
straw-
berry

lemon

vanilla

1704

1631

1621

1677

281

269

267

277

405

387

380

398

67

64

63

66

14

10

10

12

2,4

1,7

1,7

2

3

2

2

2,6

0,5

0,35

0,34

0,4

6

4

4

5

1

0,7

0,7

0,8

6

4

4

5

1

0,7

0,7

0,8

39

41

40

41

6

7

7

7

3,4

13

11

9

0,6

2

2

1,4

0,6

0

0,7

1

0,1

0

0,12

0,17

30

30

30

30

5

5

5

5

36

36

36

36

6

6

6

6

0

0

0

0,4

0

0

0

0,06

XPhe energy J

100 g

neutral

straw-
berry

lemon

vanilla

33 g/1 sachet
straw-
berry

lemon

vanilla

1669

1649

1639

1673

551

544

541

552

396

391

389

398

131

129

128

131

11

10

11

12

3,6

3,5

3,5

4

4

4

4

5

1,3

1,3

1,3

1,6

5

4

4

5

1,6

1,4

1,5

1,7

2

2

2

2

0,7

0,8

0,7

0,7

43

42

41

41

14

14

13

13

16

14

11

9

5

5

4

3

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30

30

30

30

10

10

10

10

36

36

36

36

12

12

12

12

0

0

0

0,7

0

0

0

0,23

XPhe energy A

100 g

neutral

straw-
berry

lemon

vanilla

33 g/1 sachet
straw-
berry

lemon

vanilla

1754

1740

1747

1703

579

574

577

562

416

412

414

405

137

136

137

134

11

11

11

13

3,6

3,6

3,5

4

2,2

2

2

2,7

0,7

0,7

0,7

0,9

4,5

4,5

4

5

1,5

1,5

1,4

1,7

4

4

4

5

1,4

1,4

1,4

1,6

47

46

46

42

15

15

15

14

16

13

13

9

5

4

4

3

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—

—

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30

30

30

30

10

10

10

10

36

36

36

36

12

12

12

12

0

0

0

0,6

0

0

0

0,2

Vitamins

Vitamin A

µg

424

14

Vitamin D3

µg

15

0,5

Vitamin E

mg

11

0,35

Vitamin K1

µg

39

1,3

Vitamin C

mg

39

1,3

Thiamin (B1)

mg

1

0,035

Riboflavin (B2)

mg

1,2

0,04

Niacin

mg

13

0,4

Vitamin B6

mg

0,8

0,025

Folic acid

µg

76

2,5

Vitamin B12

µg

3

0,1

Biotin

µg

15

0,5

Pantothenic acid

mg

3

0,1

Minerals

Sodium

mg

29

52

29

150

5

9

5

25

1

1,7

1

5

Potassium

mg

515

17

Calcium

mg

948

31

Phosphorus

mg

403

13

Magnesium

mg

151

5

Trace elements

Iron

mg

13

0,4

Zinc

mg

11

0,36

Copper

mg

1,2

0,04

Manganese

mg

3

0,1

Fluoride

mg

0,45

0,015

Selenium

µg

36

1,2

Chromium

µg

30

1

Molybdenum

µg

67

2

Iodine

µg

151

5

FURTHER NUTRITION INFORMATION

L-Carnitine

mg

27

0,9

Choline

mg

76

2,5

myo-Inositol

mg

142

5

Taurine

mg

30

1